



DPP
FINAL PROJECT

Team **DiPPsters**

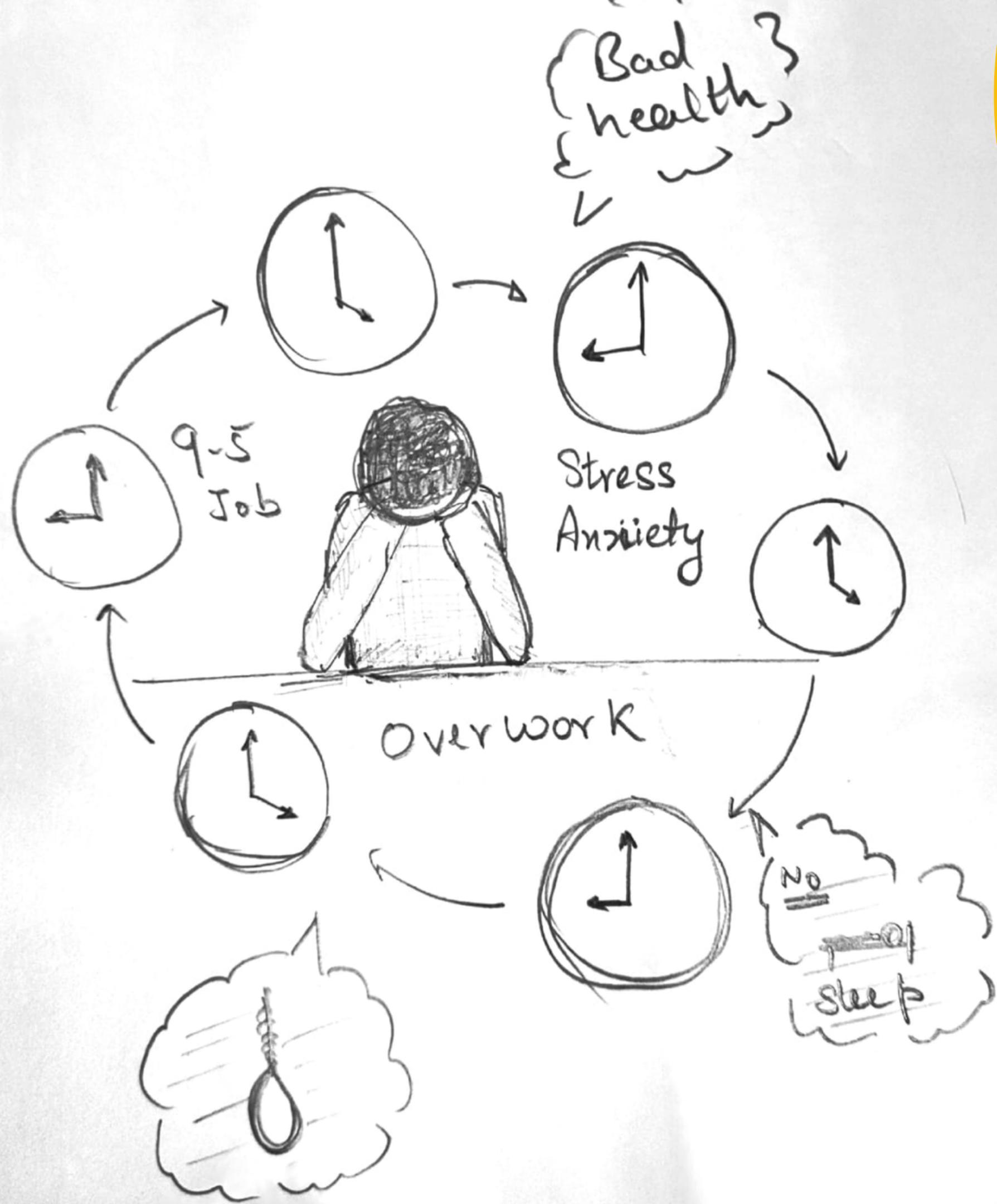
PROBLEM DOMAIN (MENTAL HEALTH)



- Our lives are becoming increasingly taxing and over-burdened with each passing day.
- Stress is a factor common to all. It is an equal battle for the rich, the poor, the young, or the old. In this rat race called life, one needs to catch a moment to calm their mind and clear their thoughts.



DRAWN ILLUSTRATION



6 STAGES OF DESIGN THINKING PROCESS



EMPATHIZE



DEFINE



IDEATE



PROTOTYPE



TEST



IMPLEMENT



UNDERSTAND

EXPLORE

MATERIALIZE

INTERVIEW QUESTIONNAIRE

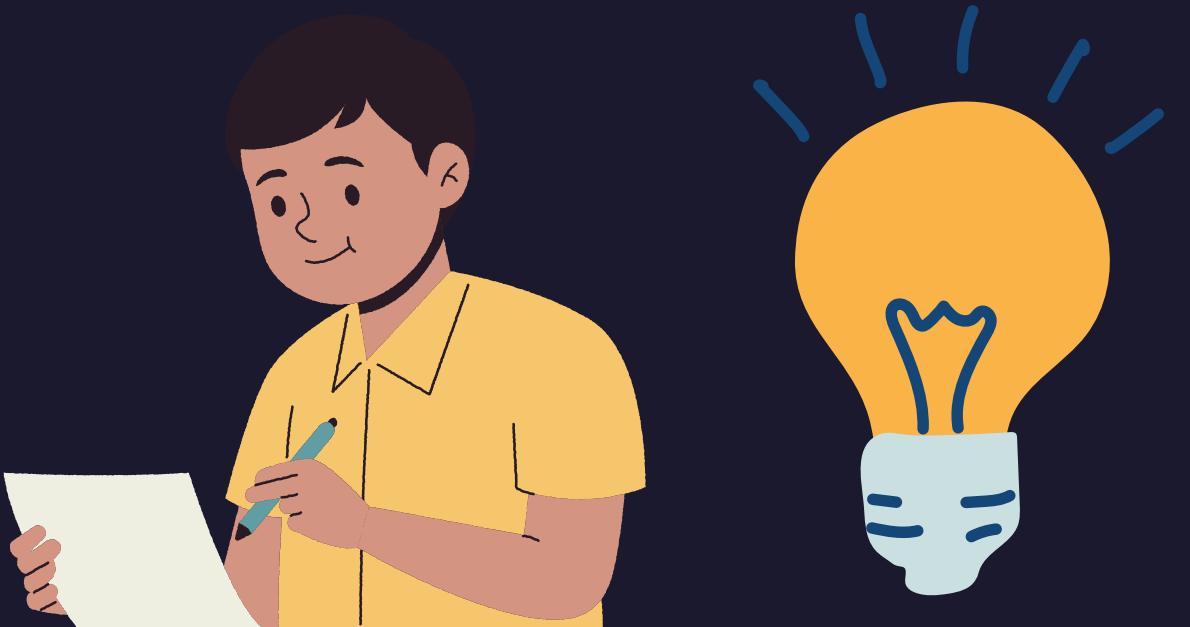
- a) How many hours do you work?

- b) What is your stress level on a daily basis? On a scale of 1 to 10 ?

- c) Have you ever sought any professional advice?

- d) Do you know meditation is helpful in killing stress?





INTERVIEW RESPONSES



1) AARAV BALACHANDRAN

- a) 1-2 hrs
- b) 8-9 on peak days most days 6.5-8
- c) Not yet
- d) Yes

2) SAKSHAM PANDEY

- a) 5 to 7 hours
- b) about 6
- c) No
- d) Yes

3) RAUNAK THAKUR

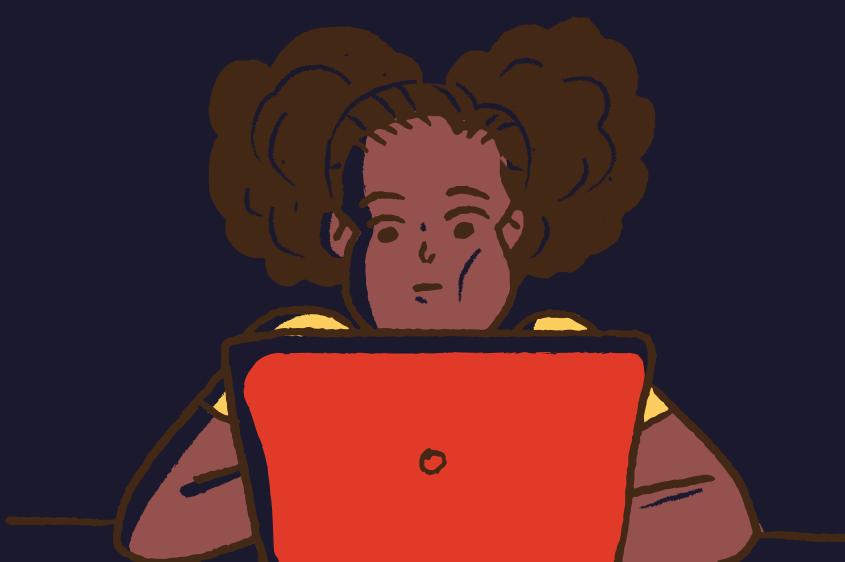
- a) Per week, about 30-40
- b) 7
- c) Not really
- d) Yes it is

4) PULKIT NARGOTRA

- a) 4-5 hours
- b) 8
- c) No
- d) Yes

5) ADITYA BINDLISH

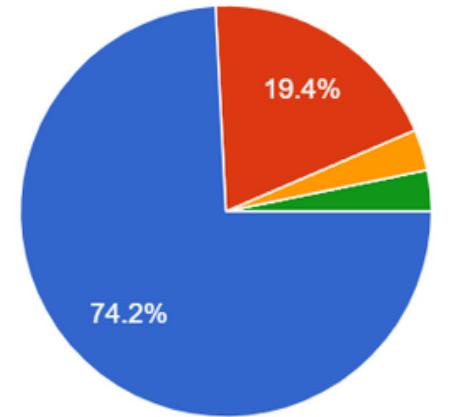
- a) 5-6 hours
- b) 7
- c) No
- d) No



DATA COLLECTION

1) Do you have trouble concentrating?

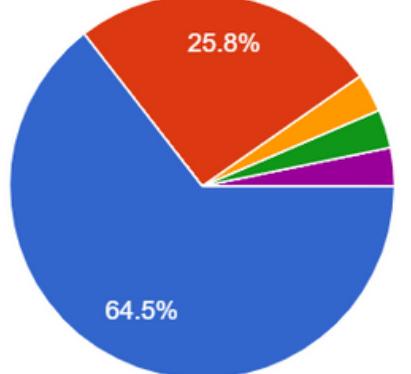
31 responses



- Yes
- No
- Earlier not so much, now i do.
- sometimes

2) Do you feel hopeless about your future?

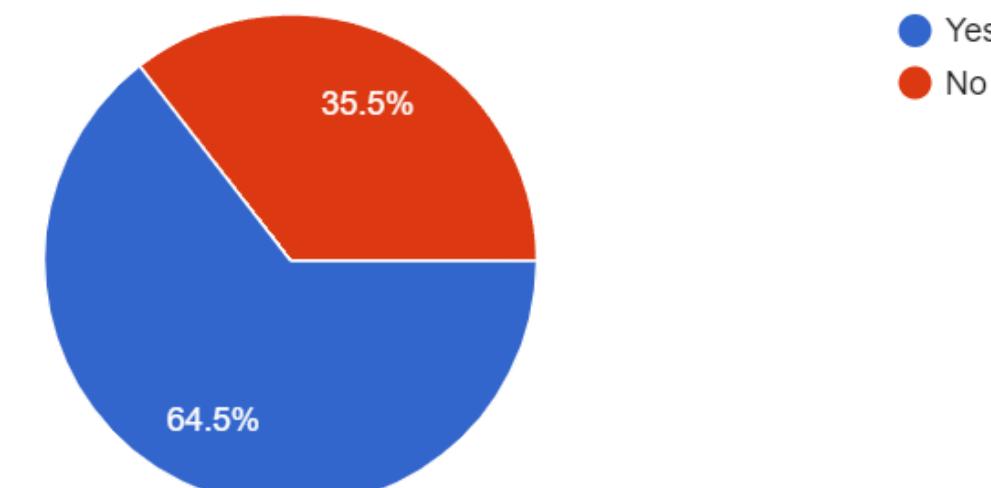
31 responses



- Yes
- No
- Sometimes
- Not hopeless, but not sure where to proceed as of now
- Sometimes

3) In broad vision do you feel you have anxiety issues?

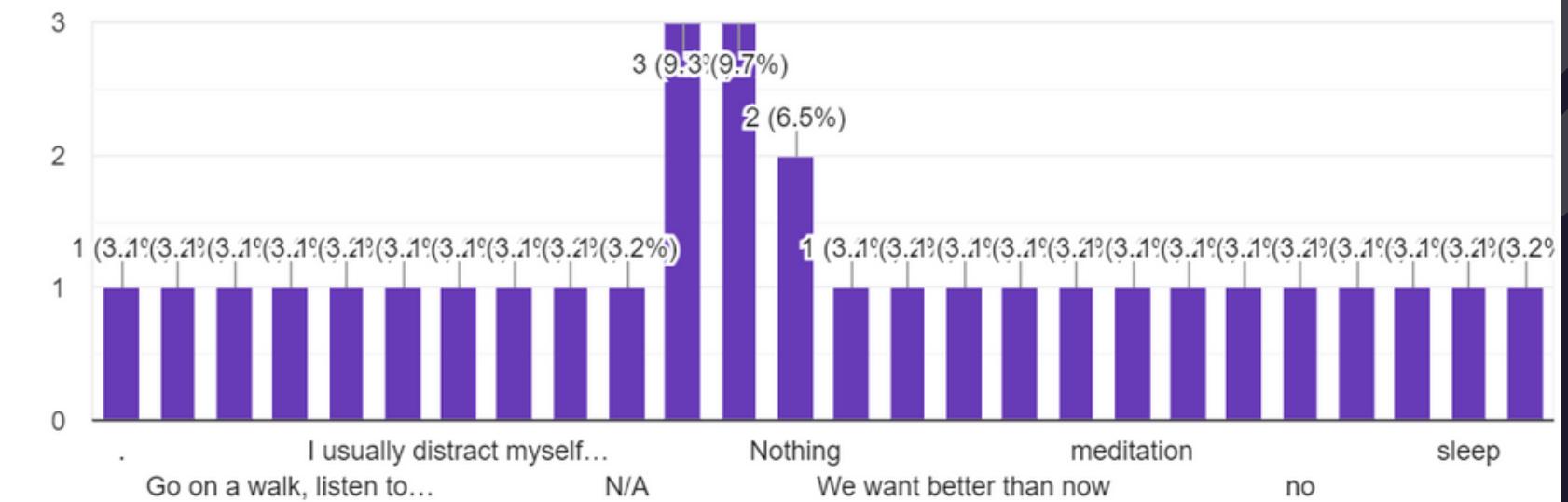
31 responses



- Yes
- No

4) If yes, what would you do to cope up with that?

31 responses

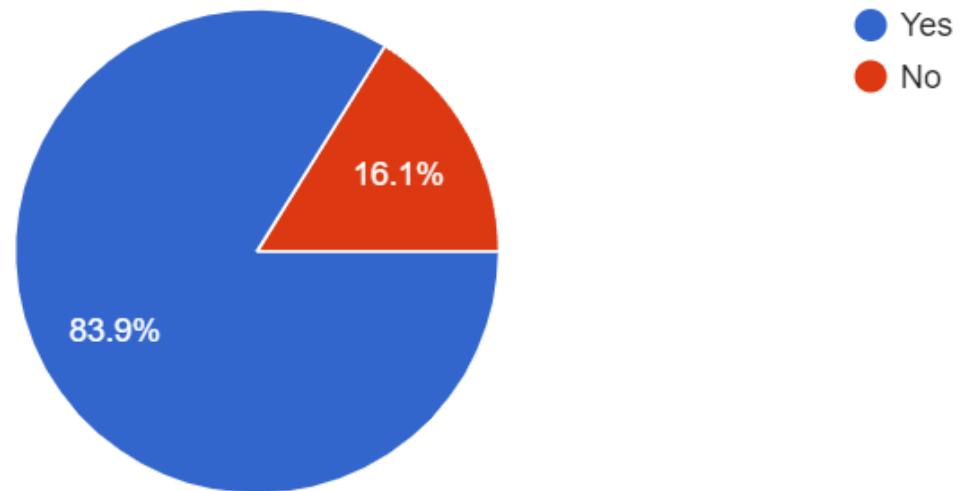


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DATA COLLECTION

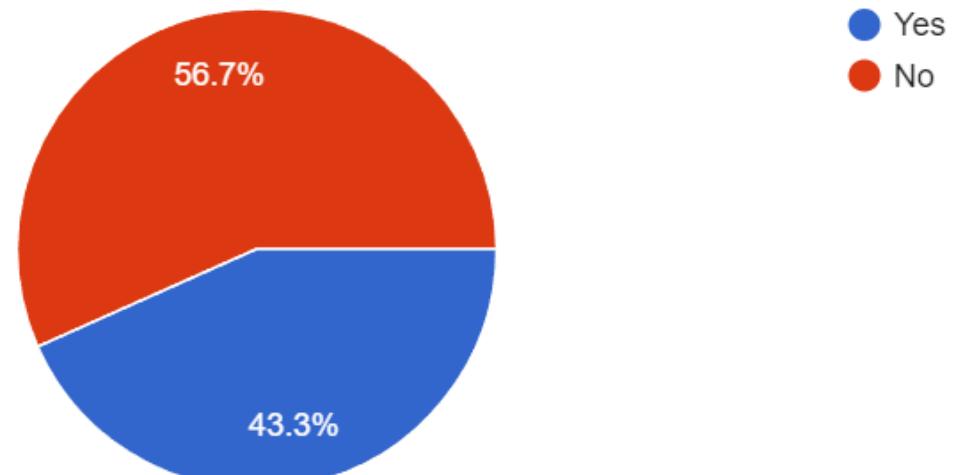
5) Do you know about meditation and its pros?

31 responses



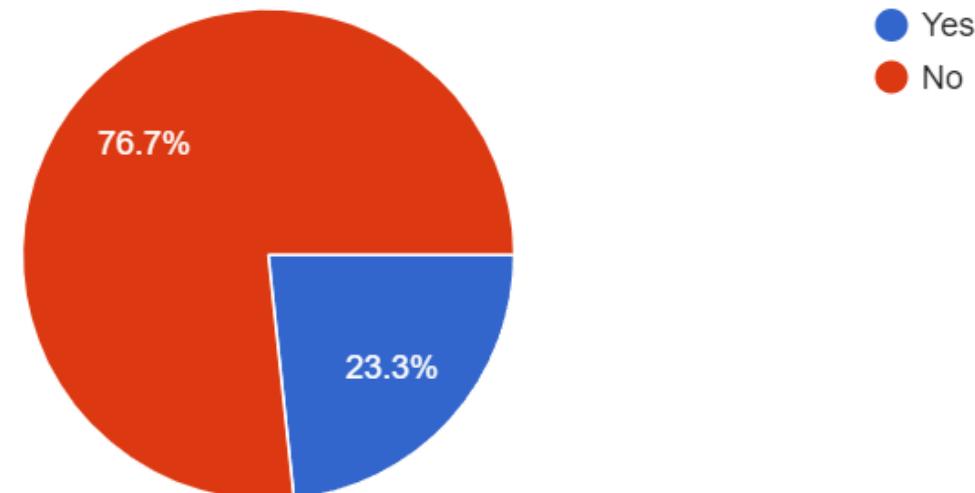
6) If yes do you meditate?

30 responses



7) Have you ever tried any meditating app before?

30 responses



USER PERSONA



Name: Mahansh Aditya

Age: 19 Yr

Occupation: B.Tech
Student

Location: Delhi

User Description:

Mahansh is a student of IIITD and studies B.Tech in CSD discipline.

He was a very generous person and responded to our questions very calmly.

He told us about the workload in his branch and how is he able to cope up with it.

He also said that with this much workload he sometimes feel stressed and depressed.

He stressed that studying with too much of pressure and deadlines is not so healthy. And he also empathized that life would be better if we had a stress monitor with us.

He also stressed that these people are just normal people like us but unless they seek help we can never know what is going inside in someone's mind.

In the end, we asked him about what he thought about the mental health among students and people in general around this time to which he replied that the stress and anxiety among everyone is at an all time high which is a serious cause of concern especially in this post-covid era.



USER PERSONA



Name: Sanjay Singh

Age: 46 Yr

Occupation: College
Guard

Location: Delhi

User Description:

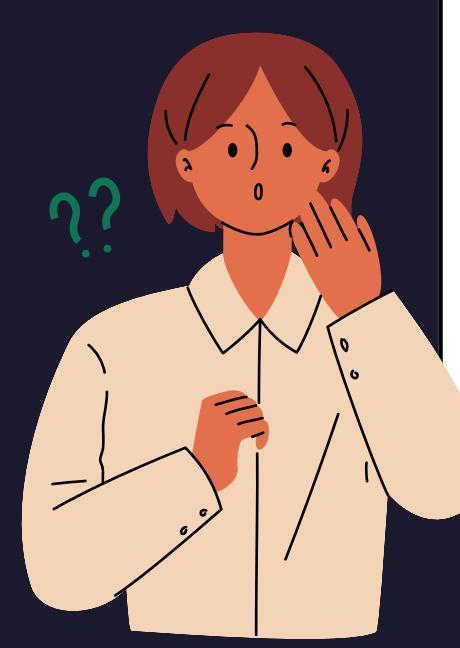
Bhaiya is a security guard of IIITD . After talking to him we got to know about problems faced by him.

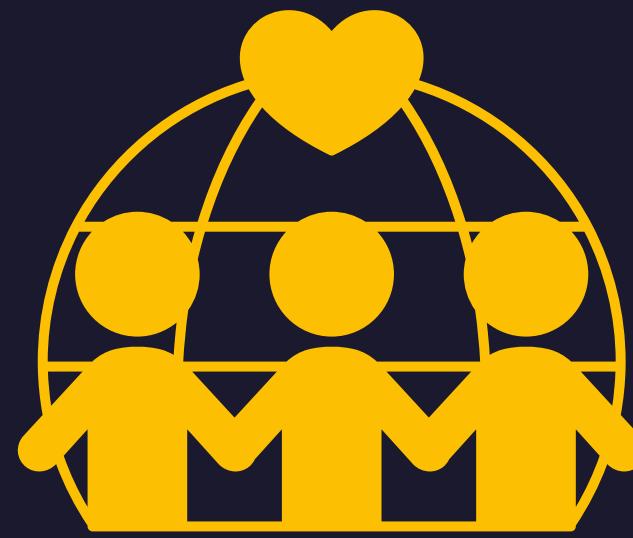
He told us about the challenges faced by him both physically and mentally and what he does to stay attentive and active in his job throughout the day.

It is a tiresome job leading to dehydration burnouts causing mental stress. Also causes lower back pain due sitting long hours on the chair abeted by growing age.

He also stressed that he often gets to hear that security guard's is easy and demands no major need and that too many of them are not required at all.

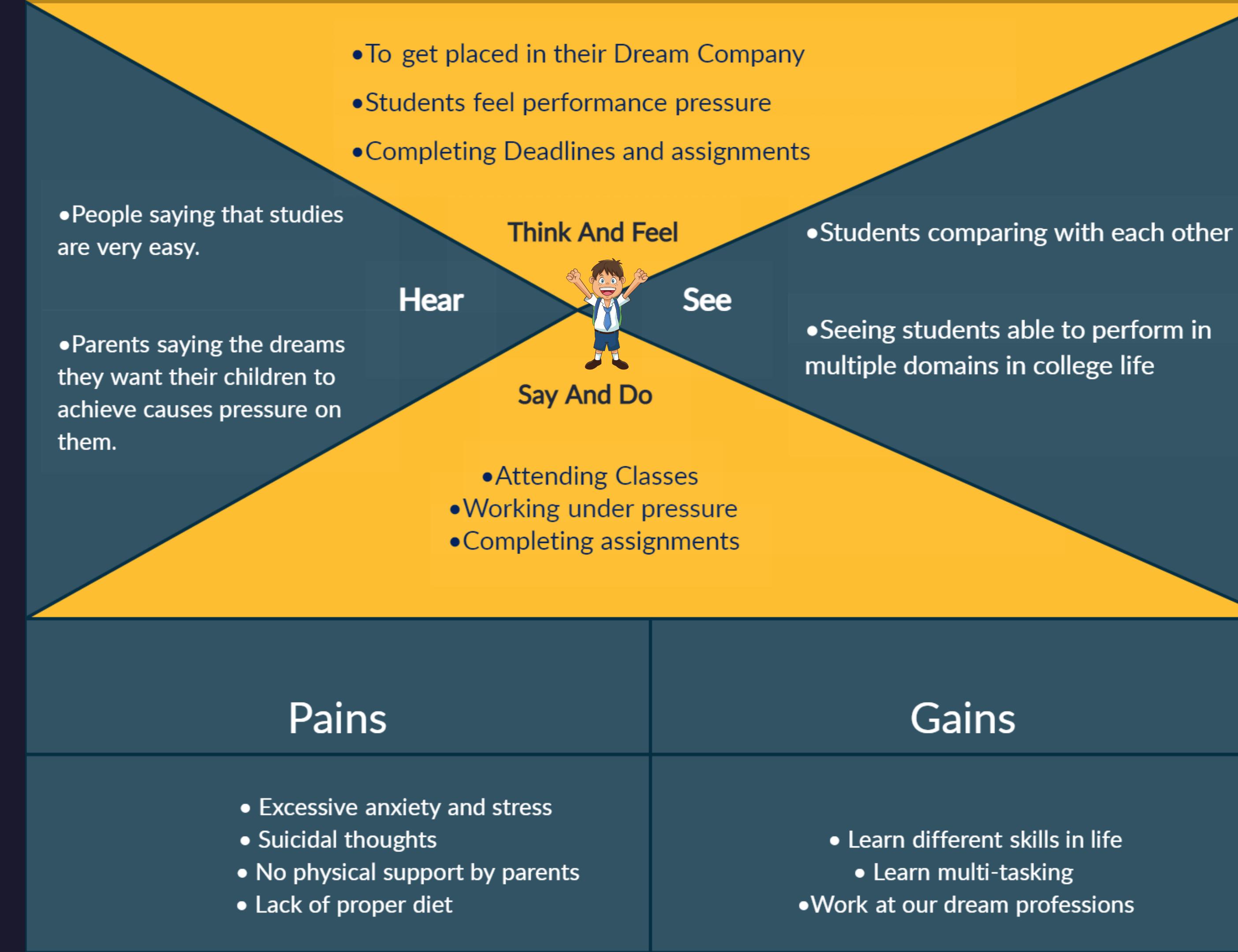
In the end, we asked him about what he thought about the mental health, he said that he thinks too much about the safety of the college and the students and thus it sometimes affect his mental health.

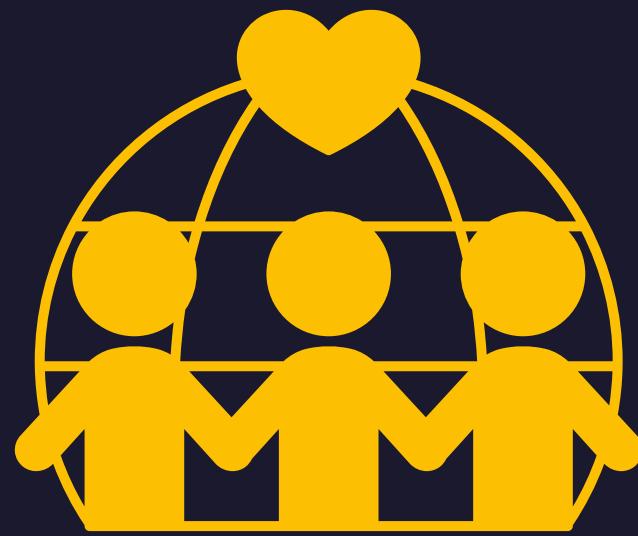




Empathy Map

IITD STUDENT





Empathy Map

College Guard





DEFINE

ABSTRACT

Our lives are becoming increasingly taxing and over-burdened with each passing day. This post corona period has only made it worse for everyone. Now, people are confined, and this is hampering their socialisation. In this time, when we can't share our pain with friends and family, we need to relax and rejuvenate our own selves.

Stress is a factor common to all. It is an equal battle for the rich, the poor, the young, or the old. In this rat race called life, one needs to catch a moment to calm their mind and clear their thoughts.

PROBLEM STATEMENT

People and students are generally **over-burdened** with stress and anxiety especially in this post-corona-period.

People need a new platform and a method to **relax** and make themselves **stress and anxiety free** because the **mental health** of individuals is **worsening** day by day.

HMW STATEMENT

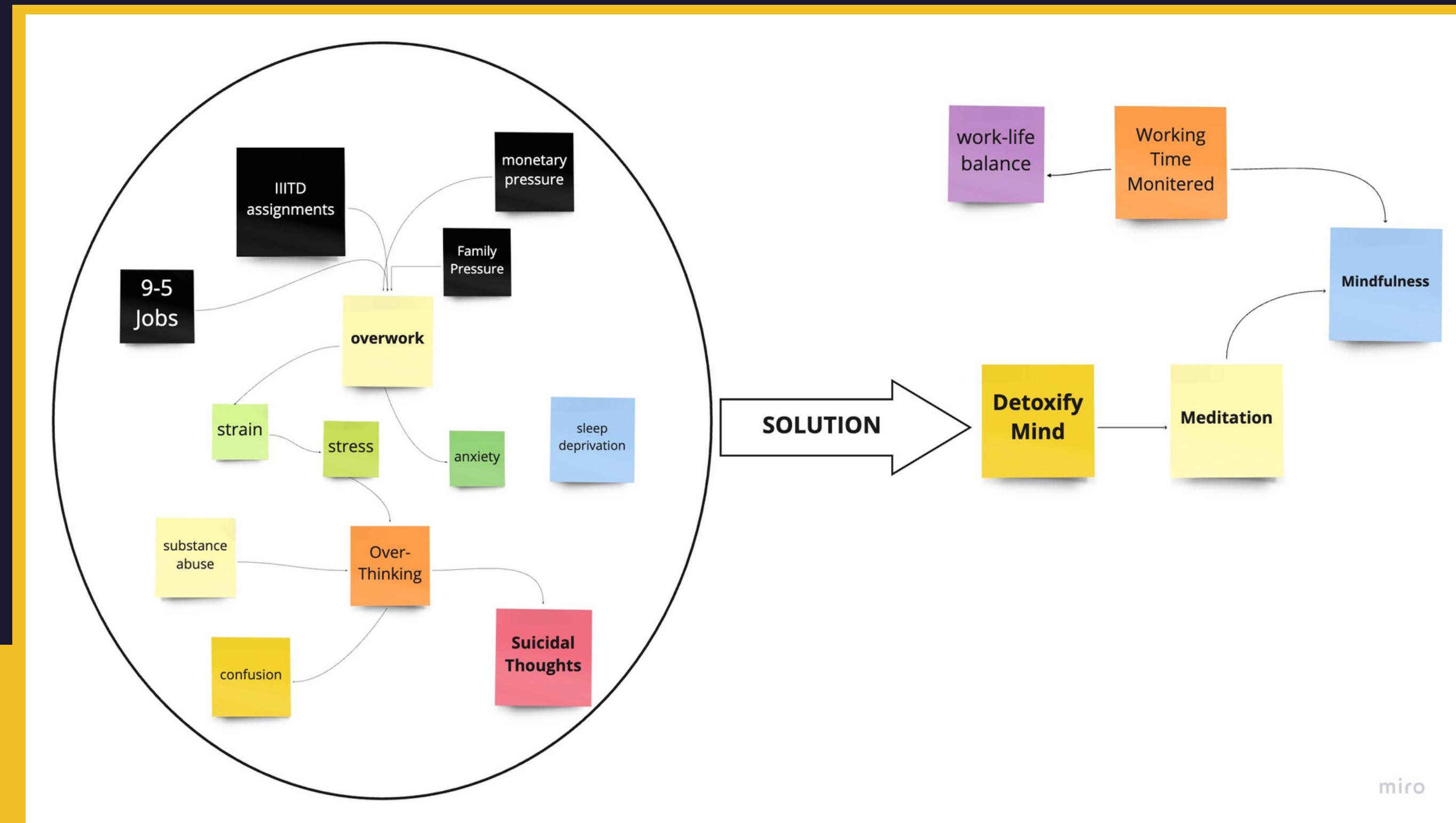
How might we check stress levels for working class people so that
They can manage their stress and live happily.





IDEATE

MINDMAP



IDEATION

Ideas from

Respected Amit
Sabherwal Sir

Our TA, Ipsita

Other TA's

And our Group Members



Google Meet





Name: Mohita Mehta

Occupation: PGT
Psychology cum
Counselor

Location: Delhi

PERSONA

Description:

Mohita is a PGT Psychology cum Counselor at Ahlcon International School. She has done her bachelors in Psychology (Hons.) and masters in Counselling Psychology from Delhi University.

She is a certified Career Counselor and has been taking care of the Career Guidance Cell and well as behavioural counselling in the school.

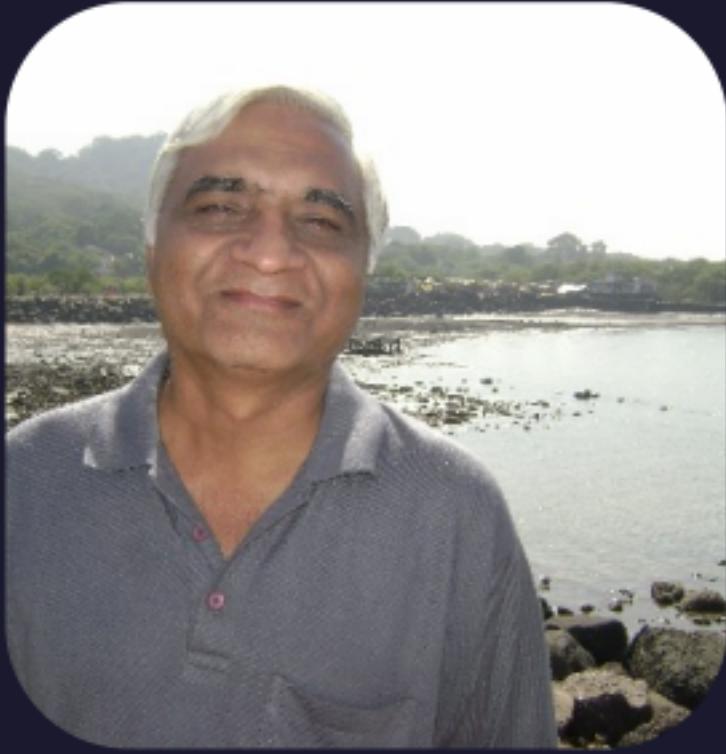
Upon asking about the mental health status of the students at the school, we were told about the depreciating mental health of the students and how the stress and anxiety among the students was at an all time high because they were not able to handle the Physical classes in this Post-COVID Era.

She further explained how it was really hard for the students to study for the physical classes and exams as in the last two years, they didn't study almost anything. This sudden stress of now coming to a fully offline mode was creating a lot of stress among the students.

She concluded by saying that something needs to be done to help these students and reduce this all time high stress among them. She also raised concerns on what this could lead to.



PERSONA



Name: Dr.Ravi Anand

Age: 65 years old

Occupation: Psychologist

Location: Delhi

Description:

Dr. Ravi Anand is a renowned Psychologist, in Delhi, Subhash Nagar. He has 35 years of experience in this field.

He has treated multiple patients with suicidal and intrusive thoughts.

He was a very generous person and responded to our questions very calmly.

When we asked him about the patients he encountered with suicidal thoughts he got very emotional and gave stress and anxiety the main reason regarding such thoughts.

He also stressed that these people are just normal people like us but unless they seek help we can never know what is going inside in someone's mind.

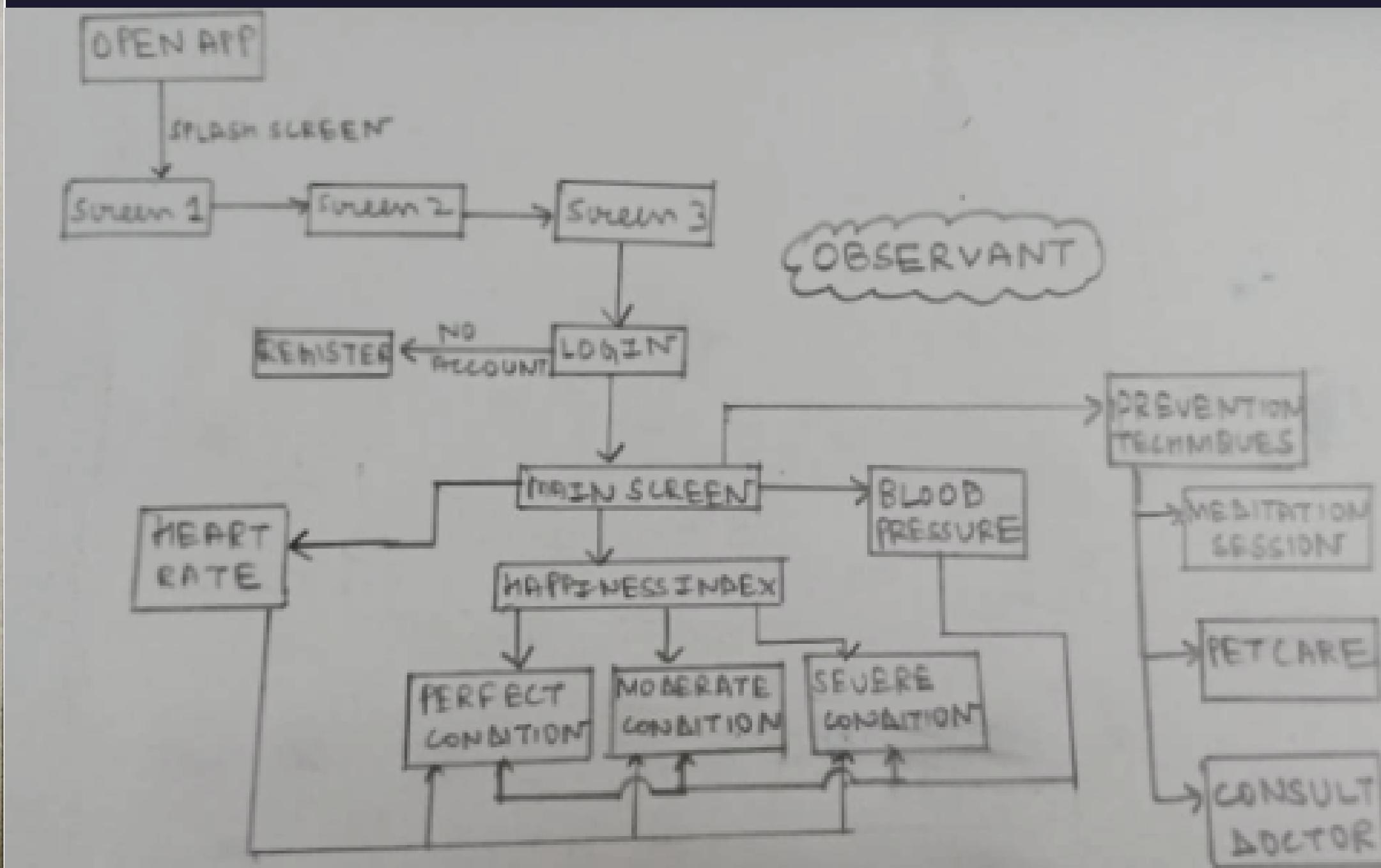
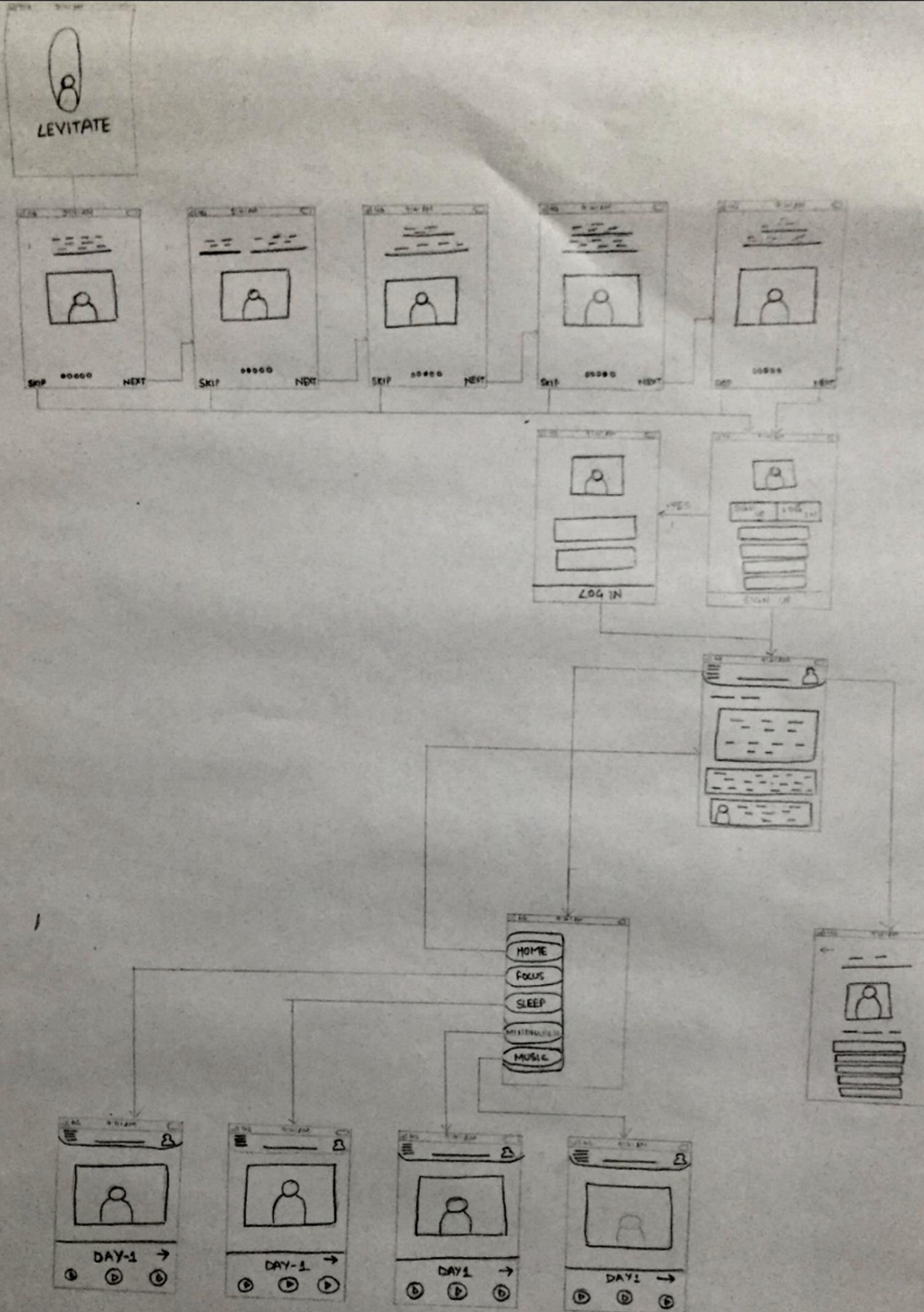
In the end, we asked him about what he thought about the mental health among students and people in general around this time to which he replied that the stress and anxiety among everyone is at an all time high which is a serious cause of concern especially in this post-covid era.



Idea refinement and Development

1 watch Interface	Measures stress by checking various parameters			
1 app interface	Issues response to these parameters			
APP				
	1) Meditation techniques and socialising 2) Virtual Pet / a companion to talk to 3) Professional Advice	All these parameters to be checked by an observer depending on users needs		
Figma prototyping of APP / for observer and observant	Login screen	Login using gmail , FB , twitter		
Basic figma prototype of Smart Watch	Do you want someone to be an obs	Yes/No		
Videos implementing the solution		If yes	Connect to observer app	
		If no	Continue	
Same for watch	Dashboard x 4	Interface between	One will take you to basic solutions	
			2nd to the pet soln	
			3rd to medicated help	
			4th person is best!!! kuch nhi krenge usko	
	Incentives screen			
	Punishment screens			
	Exit page			

Lo-Fi Prototyping



TESTING

We took responses from many people by showing them our app functioning.

And made some changes in our prototype as per their suggestions.



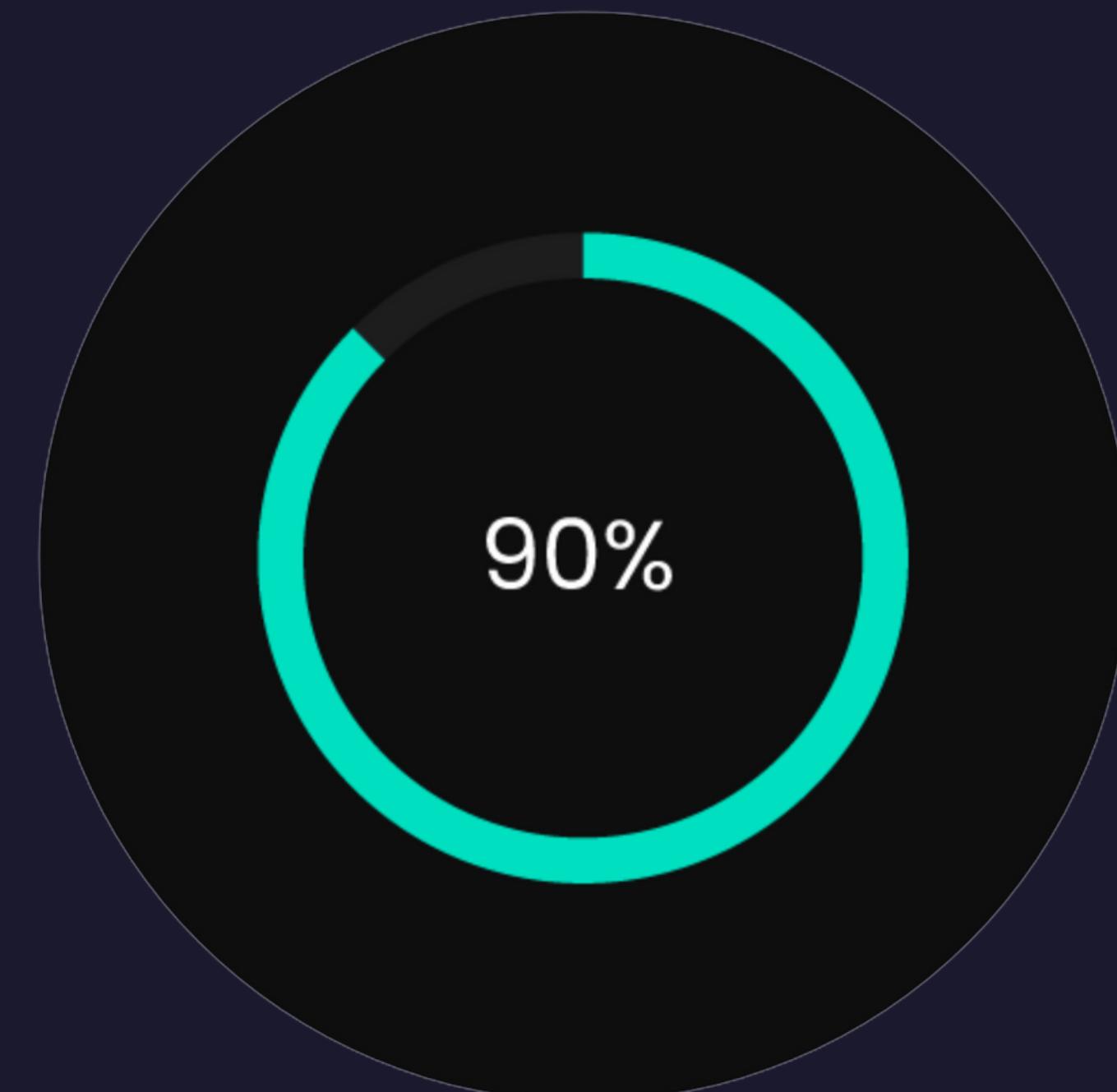
FINAL PRODUCTS (HIFI)

Smart
Watch
(to measure
stress parameters)

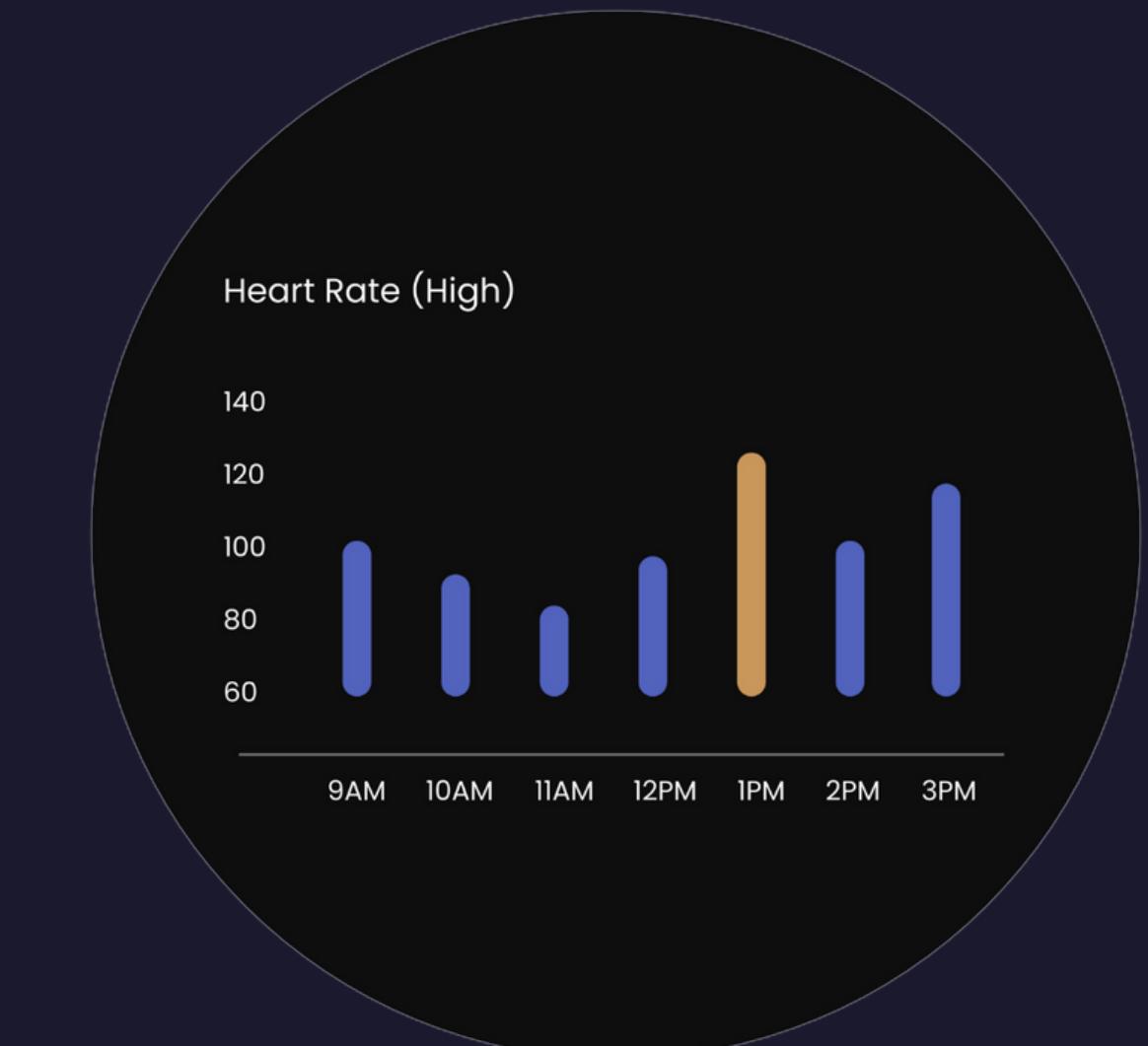
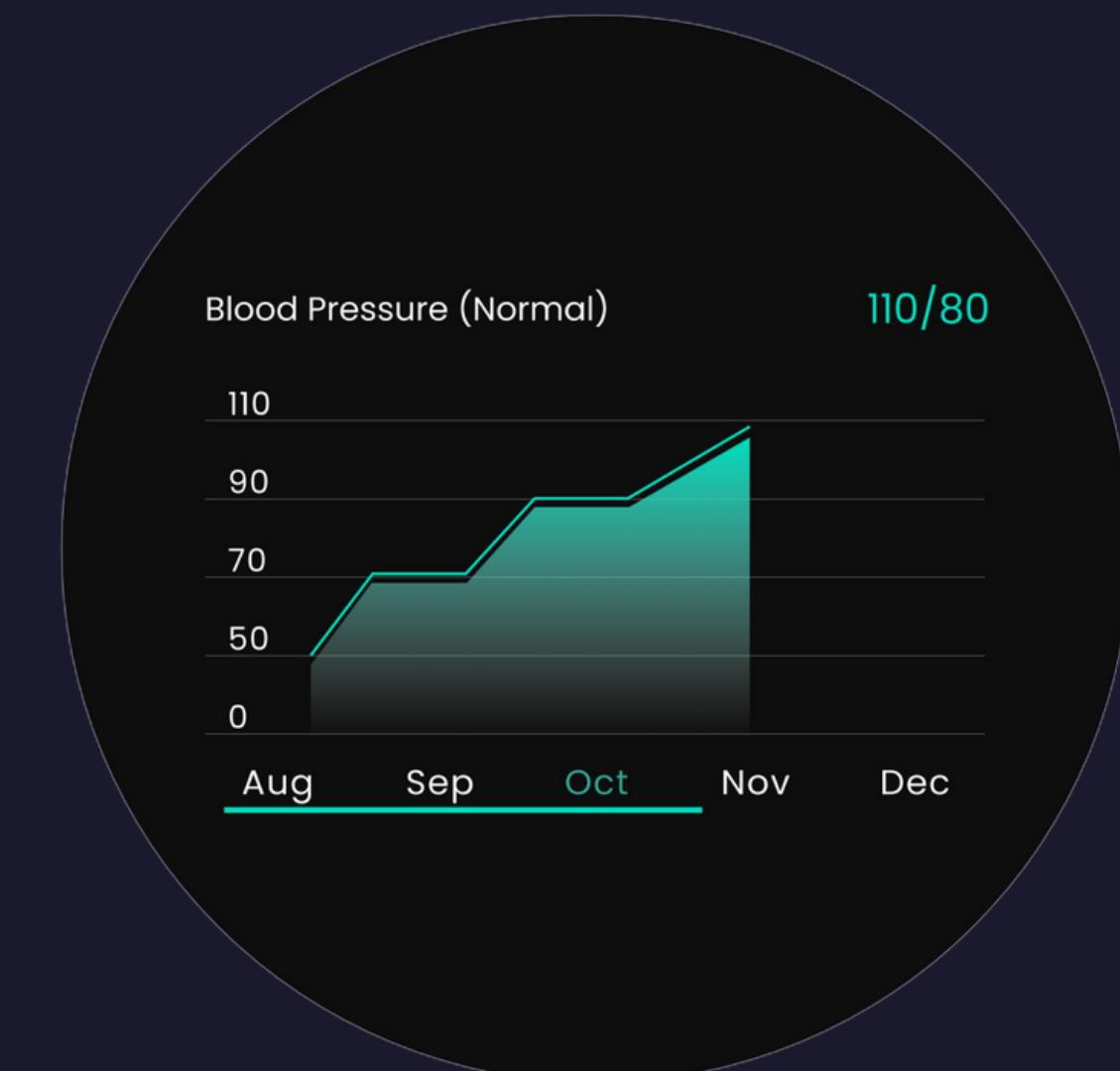
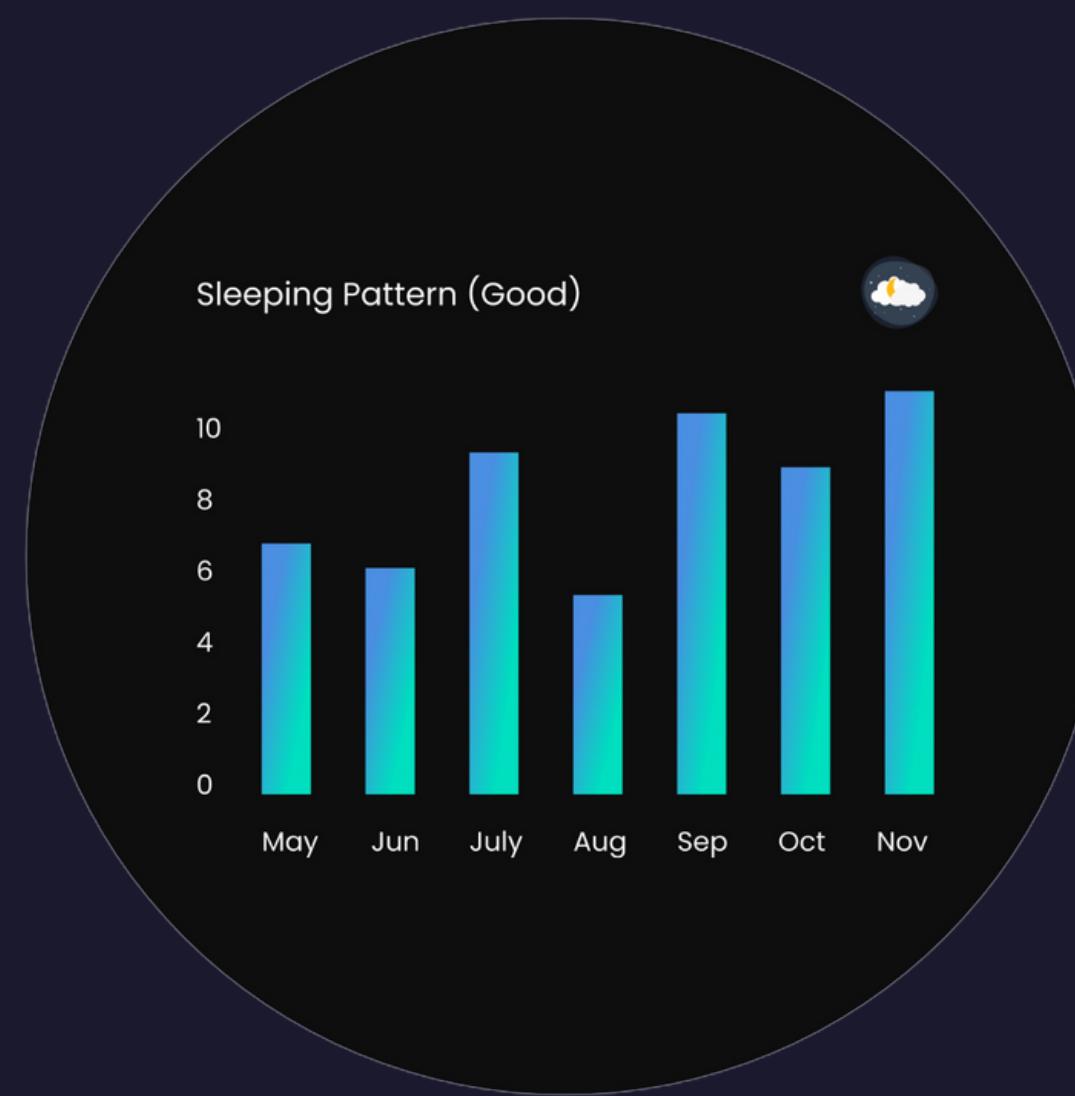
Mobile
App for
Observant

Mobile
App for
Observer

WATCH INTERFACES



WATCH INTERFACES



APP INTERFACES

Observant App:

[https://www.figma.com/file/fTjg0qF6lvOyn4JMjsTFNA/MotherCare-\(Copy\)?node-id=0%3A1&t=CVM06ao76zvSV6Lv-1](https://www.figma.com/file/fTjg0qF6lvOyn4JMjsTFNA/MotherCare-(Copy)?node-id=0%3A1&t=CVM06ao76zvSV6Lv-1)

Observer App:

<https://www.figma.com/file/7SEG6V61jl8wWov8S7C9CJ/Observer-App?t=Qh1Bpxm2H4rR6cl-0>

Presented By :
Team **DIPP**sters

OUR TEAM

- 1) MANAN CHUGH
- 2) YAJAT GUPTA
- 3) MADHAV K. GARG
- 4) AKARSH GUPTA
- 5) KUNAL SHARMA
- 6) SHIVAM DWIVEDI

*Thank
You*